We are more alike than different



"Some people think that
Sarah can't play because she doesn't
walk or talk or use her hands much. But
we like to watch videos together and she
likes me to put polish on her nails and do
stuff to her hair, and we laugh!"

"We go to the mall with our friend Kim who uses a wheelchair. Sometimes we help push. We always go to the food court."





"Alyssa has a weak heart, so we play games like Monopoly and Clue and listen to music."

"James is in my class.

He doesn't have a lot of breath,
so he doesn't play sports. He
comes to all the games and is
the best at keeping score."



REMEMBER:

It's not unusual to feel shy or uncomfortable around people who act or look different from you.

It's okay to ask questions in a polite way. Some kids may want to explain things to you, others may not.

It's okay to ask an adult if you have questions.

Everyone has things about them that make them feel special. Treat people the way you would want to be treated.

Look at them when you talk. Ask about their interests, and tell them about yours.

Help other kids to be part of a group and join in games. Invite your new friends to your home. It may not seem like much, but it might be a big deal for them.

We all need friends!



For more Fact Sheets please go to www.ParentHelpNH.org